

Family Stressors & the Role of Cultural Reciprocity in Building Resilience to Minimize their Impact



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What is trauma?

- ▶ Emotional, psychological, physical wounding
- ▶ Individual trauma results from:
 - An event, series of events, or set of circumstances
 - Experienced by an individual as physically &/or emotionally harmful or threatening, & that has lasting adverse
 - Effects on the individual's ability to take action &/or physical, social, emotional or spiritual well-being
- ▶ Traumatic reactions occur when neither resistance nor escape is possible

violence abuse suicide crime
war murder assault disaster
sexual abuse family violence

TRAUMA

fear terror shame guilt
nervous haunting panic
avoidance disconnected
numbness powerlessness

normal reactions to abnormal events

**There is healing and hope
after trauma. Ask for help.**



www.Trauma-informed.ca

Klinck

What is trauma?

- ▶ Traumatic events can be shocking & terrifying
- ▶ Can include interpersonal violence
 - Physical & sexual assault
 - Domestic violence
 - Child abuse or neglect
 - Witnessing of violence
 - Institutionalization
- ▶ Other traumas
 - Bullying, verbal attacks, denial of personhood
- ▶ Trauma often involves betrayal by trusted person or institution



Why do we need to be “trauma informed?”

- ▶ Families we work with have faced/face trauma
- ▶ Many actions & responses (coping strategies) that seem ineffective & unhealthy in the present are adaptive responses to past traumatic experiences
- ▶ The impact of trauma is often experienced across the lifespan & across generations



**Trauma Informed
Care**

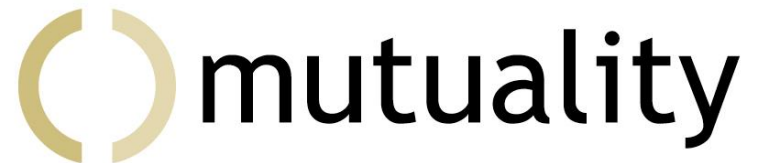
What is “trauma informed?”

- ▶ Realizes the widespread impact of trauma
- ▶ Recognizes that “symptoms” are often adaptive coping mechanisms
- ▶ Resists re-traumatization
- ▶ Responds by integrating knowledge about trauma into policies, procedures, practices, & settings

TRAUMA-INFORMED CARE

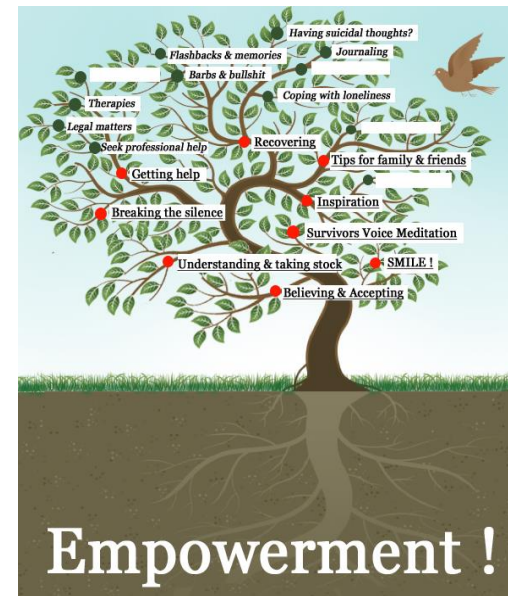
Qualities of a Trauma-Informed System

- ▶ Intentionality: Action rooted in “knowing”
- ▶ Mutuality: Healing happens in relationships
- ▶ Commonality: We all have a story
- ▶ Potentiality: Healing is possible for all




Trauma Informed Practice

- ▶ Reframes the conversation from “what’s wrong with you” to “what happened to you”
- ▶ Acknowledges the many pathways to recovery
- ▶ Recognizes healing happens in relationships
- ▶ Focuses on the person, not the label
- ▶ Incorporates an understanding of the impact of trauma on the body
- ▶ Creates conditions for safety, healing, recovery
- ▶ Incorporates the wisdom, experience & expertise of women with lived experience in all aspects of the work



Cultural Reciprocity

- Recognizes that people process trauma & recovery in different ways
 - Understands that recovery happens in relationships
 - Requires a sharing of oneself with the person we are seeking to help heal from trauma & develop resilience
 - Avoids a “one size fits all” approach
 - Believes that each person has it within themselves to develop resiliency...with support
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Cultural Reciprocity

- Cultures have different ways of responding to relationships, parenting, conflict, etc.
- Culture shapes status, relationships and social behaviors with regard to conflict resolution
- Recognize that many people communicate and process information differently

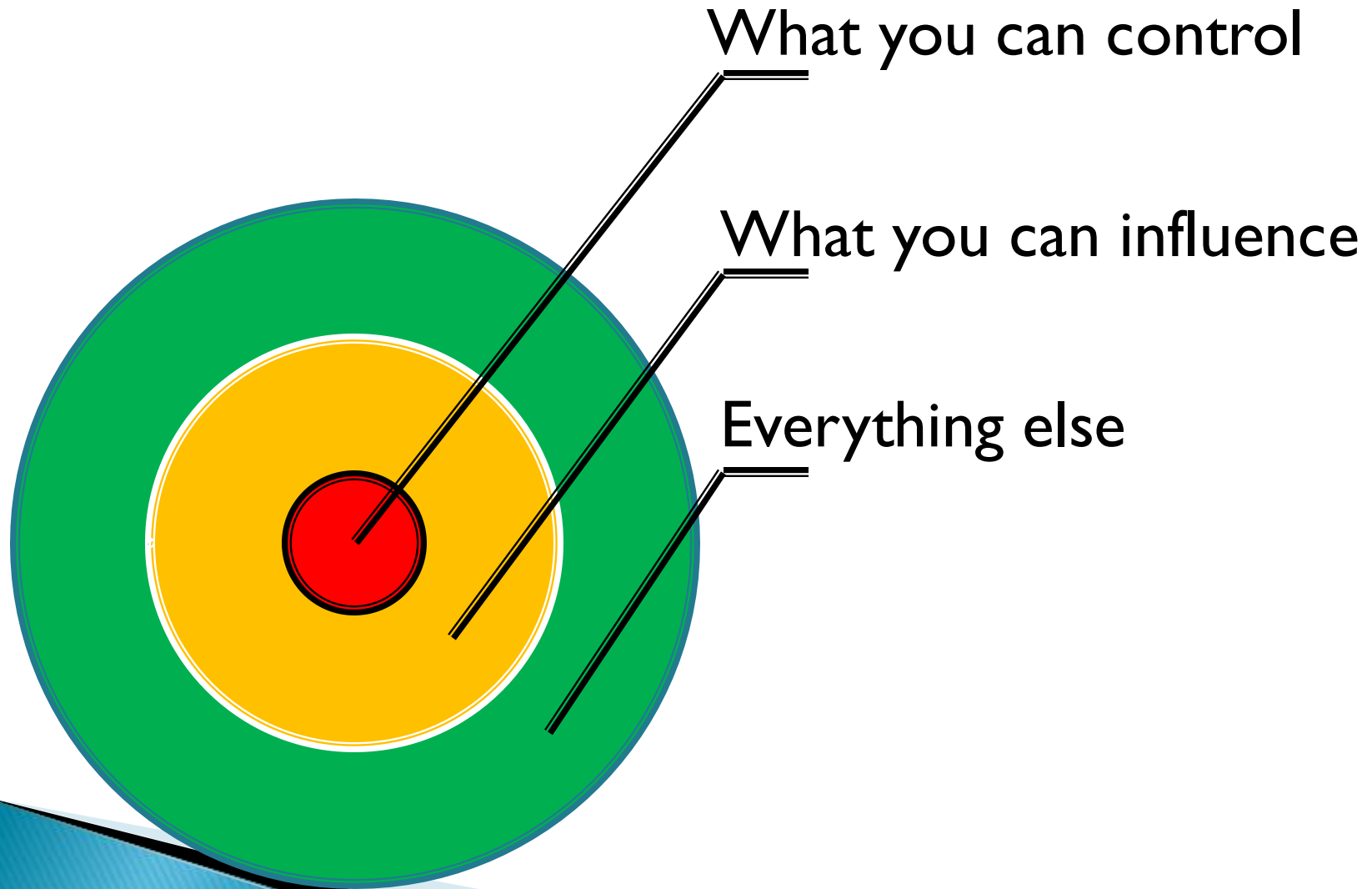


Cultural Reciprocity



- Following the thoughts *and feelings* of others to understand what they are saying from their perspective, frame of reference, or point of view...*and why it's important to them*
- Sharing one's own thoughts and feelings
- Developing relationships based on DIGNITY + RESPECT

Spheres of Influence & Control



To See (or Hear) Clearly



- It is only with the heart that one can see clearly; what is essential is invisible to the eye.
 - *The Little Prince*
- Antoine de Saint Exupery

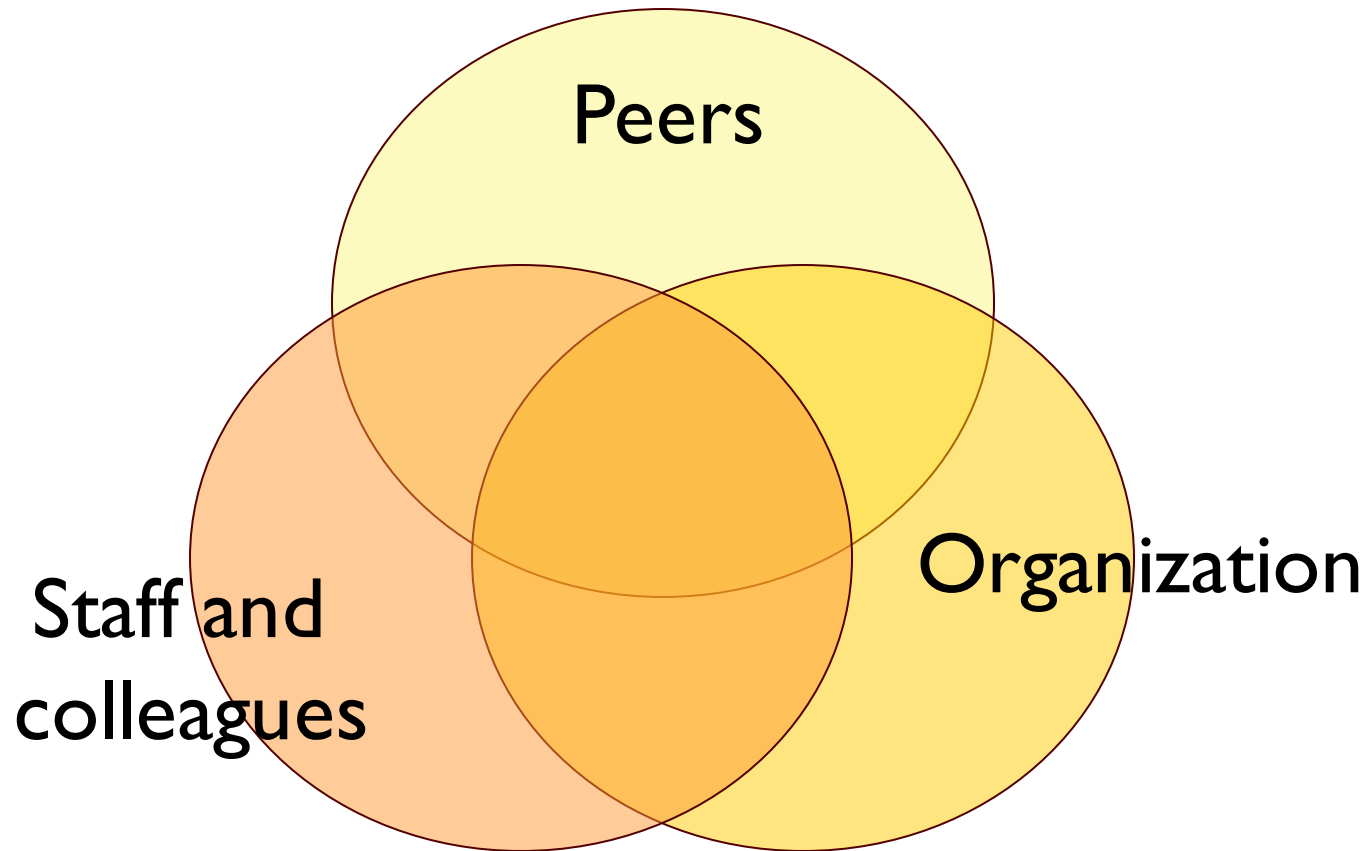
Core Competency Framework

Values are the principles and beliefs that underlie our work

They are made manifest through actions and interactions with colleagues and peers/participants



Taking Action



Key Strategies

- ▶ Peer support
 - ▶ Active listening
 - ▶ Skill building
 - ▶ Sharing decision-making
 - ▶ Development of trust
 - ▶ Recognizing the power of powerlessness, habit, & paralysis
 - ▶ Replace “fixing” with “facilitating”
 - ▶ Understand the dynamics of unequal power relationships
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